



U.S. Navy photo by MM3 Greg Bookout

SHSN Shane Perry, assigned to USS Reuben James (FFG 57), plays billiards at Beeman Center. The facility has more than 25 Internet access computers, four plasma screen televisions with X-Box Live allowing play against each other on all four screens, Ping-Pong tables, pool tables, arcade, darts, full bar, an on-site fast food restaurant and more.

## Beeman Center offers variety of activities for Sailors

**MM3 Greg Bookout**  
Staff Writer

"Come on down, relax, watch a movie, join a tournament or sign up for skydiving, whatever you are interested in doing," said Maria Uele, MWR Beeman center employee. "For a lot of the Sailors new to the island, this place gives them kind of a home away from home, just a place where they can come and relax."

Beeman Center has a lot of different things to offer. The facility has more than 25 Internet access computers, four plasma screen televisions with X-Box Live allowing play against each other on all four screens, Ping-Pong tables, pool tables, arcade, darts, full bar, an on-site fast food restaurant and more.

Along with these amenities, Beeman Center hosts many different competitive tournaments, including, pool, ping-pong, poker and even Halo tournneys.

Ship's Serviceman Seaman Shane Perry of USS Reuben James (FFG 57) discussed the enjoyment he has had in playing in the pool tournaments held on base. He noted that the frequency of the tournaments gives Sailors an opportunity to do something all week long.

"Between Beeman Center and Liberty in Paradise, they have tournaments in eight-ball and nine-ball Monday, Tuesday,

Thursday and Friday," said Perry, a native of San Antonio. "These things keep Sailors busy, keeps them out of trouble and gives them something to do. I really like pool anyway, I have played in almost every tournament since I got here in July of last year and I am over here playing pretty much every day."

Perry has also enjoyed success in some of the tournaments on base.

"I have won about nine trophies in the pool tournaments," said Perry. "It's nice to be able to play some of the guys who come out to compete that are actually good pool players. There always seems to be better competition during the tournaments. It's nice to play other people besides just your friends."

Perry also noted playing on base is nice because it is affordable and you never know who might show up.

"I like playing on base. It's free and there are usually tables available to play on," said Perry. "A lot of times you can find decent competition. Some guys just like to shoot around and try trick shots all the time. I like to scout people out. If I see someone around that might be a real good player, I will probably walk up and ask them to play against me."

Another Sailor commented on the convenience of the location of the facility for Sailors living in

the barracks on base.

"This is a great place for Sailors to come hang out," said Electronics Technician (Navigation) Seaman Erick Bills of Naval Submarine Support Command.

"Many of the junior guys living on base don't have cars so it's hard to get out off base and enjoy their free time," said Bills. "This place is convenient. It's right here within walking distance of all the barracks."

Bills also commented on the atmosphere of the facility, the possibilities for Sailors to socialize with other people and the added bonus of a cash prize for doing well in the tournaments hosted by MWR.

"When you come over here, you get to meet a lot of new people," said Bills. "You meet people who are in the Navy, sometimes in similar situations to yourself and sometimes you meet people who aren't in the Navy. There are a variety of people here. I like to play pool, X-Box, catch a movie and just hang out," he said.

"I played in a nine-ball tournament and I made the finals. The top three finalists usually win a trophy or other prize and a share of the cash from the entries. It's kind of a bonus. It's fun to just play, but here you have the opportunity to actually win something when you do well," Bills explained.

Bills also noted the center provides a quick refuge after a long day of work and a place where people watch out for you instead of trying to start trouble.

"If the Beeman Center wasn't here, there wouldn't be much offered to us right here on base," said Bills. "This place increases morale. After working all day, it's nice to come into the nice air conditioning and relaxed atmosphere. People here want to have fun."

"They have a bar here," Bills continued. No one seems to drink too much, but if anyone does have too much to drink, there are always people there that will step up and say they will walk or drive them back to their barracks. This helps prevent drinking and driving, fighting and other issues that arise when people drink," he said.



U.S. Navy photo by PH2 John Looney

AN John Nesbit plays Halo at the Beeman Center. Beeman Center holds Halo tournaments approximately twice a month for Sailors. X-Box live allows Sailors to play against each other on all four screens



U.S. Navy photo by MM3 Greg Bookout

Lance Cpls. Paul Nighswonger and Paul Smith, with Joint Intelligence Center, Pacific, play Ping-Pong at Beeman Center.

Lance Cpls. Paul Nighswonger and Paul Smith, of Joint Intelligence Center Pacific, frequent Beeman Center to watch Monday night football, play Ping-Pong and foosball. Nighswonger said that he really loves having everything combined into one location.

"It's a great atmosphere, fun and safe," said Nighswonger. "We usually come over and play Ping-Pong or foosball. It's really nice to have Burger King right here, too. Even if you don't like burgers, they have a lot and you don't have to go far to get it."

Uele stated that MWR and Beeman Center will always pro-

vide events, tournaments and attractions for Sailors.

"Every Monday and Friday, we have pool tournaments. Every day during lunch, we do a Ping-Pong tournament and we hold Halo gaming tournaments about twice a month," said Uele. "We are sponsoring a free Thanksgiving dinner, we offer music lessons and we have events scheduled for the 12 days of Christmas."

For more information on upcoming MWR and Beeman Center tournaments or events, call Beeman Center at 473-1743.

For information on music classes, call 473-2582 or 473-4279.

Commentary

# Focus on Fun

JO1 Daniel J. Calderón, Editor

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## Try yoga in a sauna

Not every adventure is about going up and hurtling your body against the elements to see what gives first. Sometimes, the greatest adventure is simply testing what you have always considered your upper limits.

This time, I tried Bikram’s Yoga College of India-Kailua. I’m sure there are many of you who have tried yoga and know firsthand what an exhilarating experience it can be. However, this is yoga with a twist – you do it in a room where the temperature is, at a minimum, higher than 100 degrees.

I wasn’t too worried about the heat. After all, I was born and raised in south Texas. There, you didn’t dare hit the sidewalk barefoot unless you relished the idea of sizzling a layer of skin off the bottoms of your feet.

What was daunting, and I will freely admit this, was the yoga itself. I’ve done one or two yoga classes in my time here. It never ceases to amaze me how people can get into those positions and how they can hold them.

In the past, I never really felt a part of the class, though. I never felt anyone, including the instructor, cared whether I was there or not.

At the Hatha Yoga class, Alex made me feel very welcome. She introduced me to the other members and they all talked to me for a few minutes before the class began. There were three other men in the class and five or six women. All of them were friendly and encouraging to the newbie.

Alex explained the class and made sure I understood that I wasn’t really expected to be an expert. The important thing was, according to her, to relax and enjoy the class.

One of my fellow students looked over and informed me that if, as a first-timer, I made it through the class without laying down or passing out, she’d say I was a stud. So, it was on – as the young people say.

We began gently, going through the first of 26 poses. We started by focusing on our breathing since the breath is the source of life. And, quite frankly, if you didn’t breathe properly, you were even more likely to pass out in the heated room.

Alex told us to breathe in and out through the nose in deep, rhythmic motions. We were all encouraged to fill our lungs since we only ordinarily use about 10 to 15 percent of our lung capacity on average.

So, with our breathing exercises done, we proceeded to engage in ever more complicated poses. We did two repetitions of each pose, with Alex encouraging all of us to go deeper on the second

round. Remember, I’m the guy who’s better off chasing a pig around the mountains or swimming around with 12-foot long sharks than doing any stretching. Still, I found myself reaching levels of flexibility I had once thought beyond my grasp.

Alex, with her gentle coaxing and the room, super-heated to the point where every pore in my body was filled with warmth, had me in positions I never would have dreamed I could attain. True, there was pain as I pushed to the edges of my new boundaries, but with the pain was the sure knowledge that I was doing something great for myself.

There were water breaks sprinkled throughout the 90-minute routine so none of us dehydrated even though all of us were sweating profusely. Alex, and many of the other students, explained that the toxins were leaving my body along with my sweat and I was forcing them out with my exertions and contortions. Once upon a time, I might have dismissed that idea, but not after taking yoga.

I felt cleaner after the class, even though I was drenched from the exercise. I hadn’t passed out and I hadn’t lain down. I turned to the student and asked her if I was a stud and she laughed. Honestly, the answer didn’t matter. I had gone through the crucible and come out feeling sore and exhausted, but also feeling like I had grown.

The next day, I felt my muscles protesting and wonder what they had done to deserve such treatment. But, I also felt my lungs thanking me for the ability to stretch again. I found I had more breath that day than I had had in a very long time and I had hot yoga to thank for it.

If any of you have never tried yoga, try the non-hot first so you have an idea. For those of you who are looking for a great challenge with an even greater reward, try Hatha Yoga. When you go, make sure you wear leotards, swim trunks or something very comfortable.

Take a couple of towels and a bottle of water. If you have an exercise mat, take that with you or plan to use one of your towels as a mat. They also recommend you not eat within two or three hours before the class and remember the room will be pretty hot.

I don’t know if Bikram’s Yoga College of India-Kailua is the only place to do it, though. If you want to check them out, you can call them at 262-2886 or look them up online at [www.geocities.com/bikramyogakailua](http://www.geocities.com/bikramyogakailua).

Next time, I’ll tell you about when I wove an asbestos suit together and went swimming in the lava rivers on the Big Island, but that’s another story.

## DeCA ‘Gift of Groceries’ gives aid to military families during tough times

Lacy Lynn  
Staff Writer

The American public can now assist military members and their families through the Defense Commissary Agency’s (DeCA) “Gift of Groceries” program.

Anyone can purchase commissary gift certificates to send to a loved one, family member or friend in the military, or the certificates may be donated to military associated charities nationally or locally.

“It’s a way the American public can support the military in some way by supporting their families and assisting them with their grocery needs,” said Susan Sturgeon-Campbell, store administrator for the Pearl Harbor Commissary.

The program was created three years ago through a business agreement with CertifiChecks Inc., which comes at no cost to DeCA or the federal government. CertifiChecks levies a standard charge to cover handling, printing and mailing of up to 20 certificates to one address. Additional charges may apply for bulk orders or special deliveries.

“It fulfills a need for us to be able to support our organizations that come in during the holidays and want to give to military families,” said Sturgeon-Campbell.

Certificates are good in any of DeCA’s 280 stores worldwide, but only authorized commissary shoppers can redeem them.

We absolutely can prevent, and a few of us already have prevented, the suicide of a friend, shipmate, coworker, family member or neighbor. None of us wants to think about walking into a workspace or living area to find that someone, perhaps someone we know, has committed suicide. We can help and we must help.

So, what do we look for; what are the signs of possible suicide in another person? The three key risk factors are: (1) person seems depressed, is abusing alcohol or drugs or has other mental health issues, (2) person has suicidal thoughts which he/she has hinted at or discussed with others, (3) person has previous suicide attempts.

Other warning signs the person might indicate include: preoccupation with death, giving away possessions or making a will, relationship difficulties, impulsive anger, legal or financial trouble, isolation or withdrawal, difficulties in performance at work



U.S. Navy photo by PH2 (AW) John Looney  
Malu Tautofi, cash cage manager, prepares commissary gift certificates for delivery to beneficiaries of customers. They are available year round starting Nov. 15.

Authorized patrons include: active duty, retirees, National Guard, Reserves, DOD-sponsored civilians located overseas and dependents of the above.

The certificates can be given as a gift to any authorized shopper, donated to a local military relief organization, or donated to one of three non-profit organizations: the Air Force Aid Society for military families worldwide, the USO (for service members overseas), or Fisher House Foundation (for families while their loved ones are hospitalized in military facilities).

CertifiChecks forwards the donated certificates to the designated charity which then distributes them as need arises.

According to Sturgeon-Campbell, the program is

good for “family members who want to assist their children that are struggling or having a difficult time.”

Purchasers may wish to limit the type of items purchased and/or the change returned to the user of the certificate by simply writing restrictions onto the front of the certificate to the right of the DeCA logo.

“It’s a nice way to give our service members some of the basics that they need,” added Sturgeon-Campbell.

Gift certificates can be purchased through the DeCA web site: [www.commissaries.com](http://www.commissaries.com) or by calling toll-free 1-877-770-4438. Also, this will be the first year the Pearl Harbor Commissary will have the gift certificates available in the store for last minute gifts.

## Helping to prevent suicides

### Fleet and Family Support Center

or in daily life, and inability or unwillingness to connect with potential helpers.

How do we actually help someone who is considering suicide? To help a suicidal person:

- Don't act shocked or be sworn to secrecy.
- Do be direct, willing to listen and non-judgmental.
- Get involved, offer hope, take action, get help.

Sources of help include: chain of command, medical facilities, chaplains, substance abuse counselors and the Pearl Harbor Fleet and Family Support Center (FFSC). The FFSC can provide individual assessment on a crisis basis, referral to other appropriate resources when needed, and is available to provide a suicide awareness GMT at your worksite or to your command's family group.

For crisis assessments, for phone numbers of other resources or to request a GMT, call FFSC at (808) 473-4222.

# Sea Life Park offers free admission for Military Appreciation Week

**Sea Life Park  
Public Affairs**

As a gesture of thanks to the men and women defending America's freedom, Sea Life Park Hawai'i will present a special Military Appreciation Week, Nov. 14-21.

Sea Life Park will offer free admission to all military personnel and military dependents throughout the week. Military identification is required. In addition, military guests (non-dependents) will receive a special admission rate of \$9 for adults and \$6 for children.

The week will kick off on Nov. 14, from 9:30 a.m.-5 p.m., with a full day of special activities for the whole family, including the Eurobungy and climbing walls, kid's bouncers, crafts, games and face painting.

Ocean Concepts will offer free scuba lessons and the opportunity to try out scuba equipment.

A push-up contest will test the physical skills of those who are willing to try. Categories will include active duty male, active duty female, retired male, retired female, girls ages 13-17, boys ages 13-17, girls ages 8-12 and boys ages 8-12.

The active duty competitions will be two minutes, while all others will be one minute. Contestants will vie for prizes, such as passes to the Honolulu Club and Sea Life Park Hawai'i interactive encounters.

The 1989 West Point Push-Up Champion (163 push-ups in two minutes) and 1995



Photo courtesy of Sea Life Park

Sea Life Park will offer free admission to all military personnel and military dependents from Nov. 14 - 21. Activities include the Eurobungy and climbing walls, kid's bouncers, crafts and games.

Schofield Barracks Push-Up Champion (175 push-ups in two minutes), will be on-hand to show how it's done.

Musical entertainment will feature the Miles Jackson Jazz Quartet from 10:30 a.m.-12:30 p.m. with the styling of the Miles Jackson Jazz Quartet, and sounds of the Eric Peterson Blues & Rock Band from 1-3 p.m. Regular

park shows and exhibits will be available throughout the day.

General admission is \$24.96 for adults, \$12.48 for children 4-12 years of age, and free for children age three and under. Kama'aina rates are available.

For more information and reservations, visit your military activities desk, call 259-7933, or visit [www.sea-life-park-hawaii.com](http://www.sea-life-park-hawaii.com).

Sea Life Park Hawai'i is located on the island of Oahu, a 15-mile drive from Waikiki. This world-famous marine attraction offers a variety of shows, exhibits and educational programs for all ages. It is open daily from 9:30 a.m. to 5 p.m. Now in its 16th year in Hawai'i, Atlantis Adventures is the state's largest attractions operator.

Atlantis owns and operates Atlantis Cruises and Hawai'i's most advanced fleet of deep-diving tourist submarines and provides sales and marketing services to Hawai'i's top visitor attractions, including Sea Life Park Hawai'i.



Photo courtesy of Sea Life Park

Military family members will have a chance to feed marine life animals during Military Appreciation Week.

# Give the gift of life – give blood

**Karen S. Spangler**  
*Assistant Editor*

Giving blood can help save lives. An American needs blood every two seconds, according to information from the American Red Cross (ARC).

In recent months, the Armed Service Blood Program (ASBP) at the blood donor center at Tripler Army Medical Center has been faced with challenges as more than 50 percent of its blood donor pool has deployed. The situation is further impacted because service members are not able to donate blood for up to three years from the date of their return from deployment.

With such large numbers of service men and women deployed to fight the war on terror, blood donations are needed more than ever.

Bernard S. Cockerham, blood donor recruiter for the ASBP, explained that blood units collected through the ASBP supports Tripler, military of all branches, deployed personnel and their families.

“We are the only way units make it from here to theater in order to support deployed personnel,” said Cockerham. “The need for blood is constant – injuries, accidents, disease, surgeries and illness warrant the need for blood,” he continued.

Cockerham noted, “We all have an hour, the golden hour or critical hour, to get stabilized to prevent life-threatening shock, after severe injury of trauma. The ability to supply blood and blood products can reduce the shock risk.”

“The critically needed blood products must be already available for use, prior to the injury or trauma,” said Cockerham. “Type O blood is pinnacle to the survivability of our injured, if their blood type is not known.”

Although everyone is entitled to premium health care, that mission cannot be fulfilled without blood donors, ASBP spokesmen emphasized. Approximately 200-300 blood units are transfused per month at Tripler.

Tripler has provided care for numerous service members who have been injured in the theater of

operations. Another important consideration, according to the ASBP, is that due to the large number of deployments, service members’ survivability may fall on family members’ support of the blood donor program.

“For nearly five million people who receive blood transfusions every year, your donation can make the difference between life and death,” according to the ARC.

The Red Cross emphasized giving blood is easy and convenient.

Cockerham offered some additional food for thought.

“With so many people continually setting their lives on the line for our freedoms and our way of life...whose life did you save today?” he asked.

**The American Red Cross lists these top 10 reasons to give blood:**

**10** - You will get free juice and cookies.

**9** - You will weigh less – one pint less when you leave than when you come in.

**8** - It's easy and convenient. It only takes about an hour and you can make the donation at a donor center or at one of the many Red Cross mobile blood drives.

**7** - It's something you can spare – most people have blood to spare, yet there is still not enough to go around.

**6** - Nobody can ask you to do any heavy lifting as long as you have the bandage on. You can wear it as long as you like. It's your badge of honor.

**5** - You will walk a little taller afterward. You will feel good about yourself.

**4** - You will be helping to ensure blood is there when you or someone close to you may need it. Most people don't think they'll ever need blood, but many do.

**3** - It's something you can do on an equal footing with the rich and famous. Blood is something money can't buy, only something one person can give to another.

**2** - You will be someone's hero - you may give a newborn, a child, a mother or a father, a brother, or a sister another chance at life. In fact, you may help save up to three lives with



U.S. Navy photo by PH3 Elizabeth Thompson

HMSN Jacob Dennis of Prescott, Ariz. draws blood from ET2 Sharon Shriner of Beaumont, Texas.

just one donation.

**1** - It's the right thing to do.

**The American Red Cross lists these top 10 reasons why people don't give blood:**

**1** - I don't like needles/I am scared of needles/I am afraid to give blood.

Nearly everyone feels that way at first. However, most donors will tell you that you feel only a slight initial pinch and 7-10 minutes later, you are finished and headed for the canteen. If you take the time (and courage) to make one donation, you'll wonder why you ever hesitated.

**2** - I am too busy. The entire process takes about an hour and the actual blood donation time is only 7-10 minutes. If you stop to think that an hour of your time could mean a lifetime for a premature baby, someone with cancer undergoing chemotherapy, or someone who's had an accident, you might decide that you can make the time to give the gift of life.

**3** - No one ever asked me...I didn't realize my blood was needed. Consider yourself asked. There is simply no other way to supply the

blood needs of hospital patients, but for the generous donations of people like you. Every two seconds, someone in America needs blood. More than 38,000 donations are needed every day in communities across the U.S.

**4** - I already gave this year. You can give every 56 days. Many donors give five times a year.

**5** – I am afraid I'll get AIDS. It is not possible to get AIDS by donating blood to the American Red Cross. A new sterile needle is used for each donor and discarded afterward.

**6** - My blood isn't the right type. Every type of blood is needed daily to meet patient needs. If you have a common blood type, there are many patients who need it so it is in high demand. If you have a less common blood type, there are fewer donors available to give it so it is in short supply.

**7** – I don't have any blood to spare. The average adult body has 10-12 pints of blood. Doctors say that healthy adults may give regularly because your body quickly replaces the blood you donate.

**8** - I don't want to feel weak after-

ward. Donating blood should not affect adversely a healthy adult because your body has plenty of blood.

You will donate less than one pint and your body, which constantly makes new blood, will replace the donated volume within 24 hours. Most people continue their usual activities after donating.

**9** – They won't want my blood (I am too old/I've had an illness.). If you have doubts, check with your physician. The qualified staff on duty at a blood drive or blood donor center will also review your medical history with you.

There is no upper age limit to donate blood with the American Red Cross and a great many medical conditions do not prevent you from donating blood, or may have done so only temporarily in the past.

**10** - I have a rare blood type so I'll wait until there is a special need. Blood that is rare or special is almost always in short supply. There is a constant need for these blood types in order to avoid having to recruit specific blood types in a crisis.

# MWR

## Movie Call

Sharkey Theater Naval Station Pearl Harbor (473-0726)	
<b>FRIDAY</b>	
7:00 p.m.	Resident Evil: Apocalypse (R)
<b>SATURDAY</b>	
2:30 p.m.	Shark Tale (PG)
4:30 p.m.	Sky Captain and the World of Tomorrow (PG)
6:45 p.m.	Mr 3000 (PG 13)
<b>SUNDAY</b>	
2:30 p.m.	Shark Tale (PG 13)
4:30 p.m.	First Daughter (PG)
6:45 p.m.	Ladder 49 (PG 13)
<b>THURSDAY</b>	
7:00 p.m.	The Forgotten (PG 13)
\$3 adults; \$1.50 children (6-11) *Special: \$2 adults; \$1 children (6-11)	
Memorial Theater Hickam Air Force Base (449-2239)	
<b>FRIDAY</b>	
7:00 p.m.	Ladder 49 (PG 13)
<b>SATURDAY</b>	
2:00 p.m.	First Daughter (PG)
7:00 p.m.	Ladder 49 (PG 13)
<b>SUNDAY</b>	
2:00 p.m.	Raise Your Voice (PG)
7:00 p.m.	Ladder 49 (PG 13)
<b>WEDNESDAY</b>	
7:00 p.m.	First Daughter (PG)
<b>THURSDAY</b>	
7:00 p.m.	Raise Your Voice (PG)
\$3 adults; \$1.50 children (6-11)	
Sgt. Smith Theater Schofield Barracks (624-2585)	
<b>FRIDAY</b>	
7:00 p.m.	Resident Evil: Apocalypse (R)
<b>SATURDAY</b>	
7:00 p.m.	Mr. 3000 (PG-13)
<b>SUNDAY</b>	
7:00 p.m.	The Forgotten (PG-13)
\$3 adults; \$1.50 children (6-11)	

*Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.*

### OUTDOOR ADVENTURE EVENTS

- **Nov. 20:** Outrigger canoe ride and beach play day, \$12. Call for time. Register by **Nov. 17**.
- **Nov. 20:** Learn to surf, 9:30 a.m., \$15. Register by **Nov. 17**.
- **Nov. 21:** Kaena Point hike, 9 a.m., \$5. Register by **Nov. 18**.

**MILITARY FAMILY APPRECIATION MONTH WITH MWR**  
Celebrate Military Family Appreciation Month with MWR and enjoy a dinner buffet at The Banyans from 5:30-9:30 p.m. **today**. The cost is \$14 for adults and children 10 and older, \$7 for children age 10 and under. Seating is limited and reservations are required. For more information, call 473-1706.

**TEEN DANCE**  
A teen dance for youth ages 13-18 will be held from 7:30-10 p.m. **today** at NCTAMS. A shuttle bus will leave Catlin Clubhouse at 6:30 p.m. and return at 11 p.m. The cost is \$2 per person with a canned food donation (\$3 without). For more information, call 421-1556.

**FREE ADULT RACQUETBALL CLINIC**  
Learn the basics of racquetball including grips, strokes and strategy at a free adult racquetball

clinic at 5:30 p.m. **Nov. 15** at the Bloch Arena racquetball courts. Goggles, racquets and balls will be provided. Register by **today** at the Wentworth Pro Shop. For more information, call 473-0610.

**FREE SQUASH NIGHT**  
Join squash enthusiasts for a free squash playing night at 5:30 p.m. **Nov. 16**. Register by **today** by visiting or calling the Wentworth Pro Shop. For more information, call 473-0610.

**PRE-TEEN TRIP TO HAWAIIAN WATERS ADVENTURE PARK**  
Registration is now ongoing at Catlin and Iroquois Point clubhouses for a day trip for pre-teens to Hawaiian Waters Adventure Park on **Nov. 13**. The event is open to youth ages 10-12. Space is limited. The cost is \$17 for transportation and admission. Attendees should bring extra money for lunch and/or snacks. For more information, call 421-1556.

**FREE WALLYBALL NIGHT**  
Enjoy free wallyball night beginning at 6 p.m. **Nov. 17** at Bloch Arena racquetball courts. Nets and balls will be provided. All levels of play are welcome. Register by **Nov. 15** by visiting Wentworth Pro Shop or calling 473-0610.

**TURKEY TENNIS TOURNAMENT – DOUBLES ONLY**  
A turkey tennis tournament, doubles only, will be held **Nov. 20-21** at Wentworth tennis courts. Divisions include mixed, men's and women's - open, 8.0, 7.0, 6.0. Turkeys and prizes will be award-

ed to top finishers. The cost is \$10 per player. Register by **Nov. 17** at the Wentworth Pro Shop. For more information, call 473-0610.

**FREE SAND VOLLEYBALL CLINIC**  
Get into the game and develop your skills at a free sand volleyball clinic beginning at 6:30 p.m. **Nov. 19** at Wentworth sand volleyball courts. Beginners and intermediate level players are welcome. Register by **Nov. 17** by calling the Wentworth Pro Shop at 473-0610.

**SUNSET CELEBRATION AT WARD FIELD**  
Celebrate Military Family Appreciation Month with a free Sunset Celebration on **Nov. 19** at Ward Field. Activities will include games, food, live entertainment and a free movie. Bring the beach chairs and blankets to this celebration for the entire family. This event is open to all military, DoD personnel and their sponsored guests. For more information, visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or call 473-0606.

**FREE HOLIDAY FUN RUN – TURKEY TROT 5K RUN**  
MWR will host a free holiday fun run and turkey trot 5K run beginning at 8:15 a.m. **Nov. 24** at Ford Island Gym. The event is open to all MWR patrons, age 18 years or older, and DoD employees from Pearl Harbor Point, NCTAMS, West Loch and NSGA Kunia only. Deadline to sign up is **Nov. 19**; there will be no race day entries. For more information, call 473-2437.

**TURKEY FOR A TURKEY**  
Bowl a turkey (three consecutive strikes) through **Nov. 21** and qualify to win a holiday turkey for Thanksgiving (excludes party bowling). The bowl a turkey event is offered only at NCTAMS Rainbow Lanes. For more information, call 653-5576.

**FREE TURKEY GIVEAWAY**  
Visit Any Navy ITT office and enter to win a holiday turkey, ham or hindquarter. Turkey drawing deadline is **Nov. 22**. Ham drawing deadline is **Dec. 20**. Hindquarter deadline is **Dec. 27**. For more information, call 473-1190.



- **Nov. 12:** Hard Rock Café, \$2, 7 p.m.
- **Nov. 13:** Barefoot Fun Cruise, \$35, 10:30 a.m.
- **Nov. 14:** BBQ Beach Bum Day, \$5, 10 a.m.
- **Nov. 16:** Computer Class for Dummies, NCTAMS, 6:30 p.m.
- **Nov. 17:** Got Jokes? Comic Night, Beeman Center, 7 p.m.
- **Nov. 18:** Pamper yourself (massages, manicures and facials), Beeman Center, 7 p.m.

### Weekly events:

**Sunday:** Chess tournament, 6:30 p.m.  
**Monday:** WWE wrestling, 6:30 p.m.  
**Tuesday:** 8-Ball tournament - 7 p.m.  
**Wednesday:** Game show - 6:30 p.m.  
**Thursday:** 9-Ball Pool tournament - 7 p.m.

# Community Calendar

*To have your activity or event featured in the Community Calendar, e-mail your requests to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.*

The **NEX Winter Wonderland Choo-Choo Train** will treat children to rides at The Mall from 9 a.m.-9 p.m. **Nov. 12-Jan. 5, 2005**. Ticket prices are \$2 per child.

**Leap Frog demos** will be held from noon-3 p.m. **Nov. 13** at the NEX. Patrons can enter to win a Leap Pad; the winner (authorized patron 18 years or older) will be selected on **Nov. 14** and need not be present to win.

**Laurie Ide**, local author, will be available for book signings from noon-1 p.m. **Nov. 14** in the Hawai'i book department at the NEX. Ide is the author of the new book "Super Puffy" about a Puffer fish starting its first day in preschool.

Enter a **Roxy drawing** to win a \$100 wardrobe from Roxy at the NEX between **Nov. 17-21**. No purchase is necessary.

The **USS O'Kane** will host a Family Information Night from 5:30-7:30 p.m. **Nov. 19** at The Banyans. Pupus will be served from 5:30-6 p.m. Do you need information, have questions, need a will or a power of attorney, are you looking for activities for your kids, or want to volunteer your time? Representatives from the Fleet and Family Support Center (FFSC), MWR, military housing/Forest City Housing, TRI-CARE, Navy Legal, NEX, Liberty in Paradise, police/fire department, Ka'amaina Kids programs, Navy One Source and the base chaplain will be available to answer questions. There will be free on site child care. For more information, contact Kim at [okaneohana@yahoo.com](mailto:okaneohana@yahoo.com) or call Audra at 630-4111.

**Naval Dental Center** at the Pearl Harbor, Makalapa Clinic and the American Red Cross will conduct a dental assistant program beginning January 2005. Participants must be at least 18 years old, have a high school diploma or equivalent, and a valid military ID card. Stop by the Red Cross office to pick up an application package. Application deadline is **Nov. 19**. For more information, call 449-0166.

Meet **marine life artist Wyland** from 11:30 a.m.-1 p.m. **Nov. 20** and from 1-2:30 p.m. **Nov. 21** at the Wyland Store at the NEX. The Wyland Store Art Show opens with a wine tasting at 7 p.m. **Nov. 19**. Patrons can enter a drawing to win a Wyland fine art piece. The drawing will be held at 6 p.m. **Nov. 21**. There is one entry per person and entrants must be present to win.

Hickam Community Center will host a **blood drive Nov. 23** from 9 a.m. - noon. on Hickam Air Force Base.

An **FBI career seminar** will be held from 10:30-11:30 a.m. **Nov. 24** at Pearl Harbor Fleet and Family Support Center, building 193, room 205. Learn about the requirements for applying to the FBI. For reservations, contact FFSC at 473-4222. For more information, call Special Agent Kal Wong at 566-4488.

**The Naval Station Pearl Harbor Multicultural Committee** will be holding an American Indian and Alaska Native Heritage Month Celebration **Nov. 24** from 11 a.m. to

1 p.m. in the Paradise Lounge at Club Pearl. Come learn about American Indian heritage and culture while sampling native fare. For more information, email JO1 Calderon at [daniel.j.calderon@navy.mil](mailto:daniel.j.calderon@navy.mil).

Tickets are now available for the 2nd Annual **Holiday Tour of Homes** hosted by the Boutiki Gift Shop from 4-9 p.m. **Dec. 1**. There will be pupus and shopping at Boutiki from 4-6 p.m. and maps will be provided for touring the historic Pearl Harbor homes at Hali Ali'i and Makalapa. The tours will last from 6-9 p.m. and shopping at Boutiki will be available throughout the evening. The tickets are currently being sold at Boutiki for \$12 each. Participants must have base access and no children under 12 will be allowed on the tours. Carpooling is recommended due to limited parking. Boutiki is located in building 210 at 640 Club Road, Naval Station Pearl Harbor. Extended hours of operation for November are from 9 a.m.-1 p.m. Monday, Tuesday, Thursday, Friday and Saturday and from 3-7 p.m. Wednesday. For more information, call 422-6662.

**The Hawai'i Special Olympics Holiday Classic** is just around the corner. Forty volunteers are needed to serve as lane escorts for the Unified Team bowling tournament on **Dec. 5** from 7:30 a.m. to 11:30 at Hickam Lanes. As lane escorts, duties include keeping score, ensuring athletes bowl in proper order and cheering on the athletes as they bowl. Special Olympics T-shirts and refreshments will be provided. For more information, call FC1(SW/AW) James A. Graham at (808) 342-7155 or via email at [james.a.graham@pacom.mil](mailto:james.a.graham@pacom.mil) or [firehawk0212@hotmail.com](mailto:firehawk0212@hotmail.com).

The **American Red Cross**, Hickam Service Center is seeking volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information, call the Red Cross office at 449-0166. The office is located at 655 Vickers Ave., building 1105 and is open from 8 a.m.-3 p.m. Monday-Friday.

All Navy Spouses are welcome to attend a free **COMPASS Session**. COMPASS is a program run by volunteer Navy spouses. This is a spouse-to-spouse mentoring program geared to help Navy spouses find their way through the maze of Navy life.

It helps to educate spouses on how to move with the Navy, how to deal with deployments, how to read the service members LES, and gives history on the Hawaiian Islands. COMPASS is a three-day course with free on-site qualified child-care. The Web site is at [www.geocities.com/compassph](http://www.geocities.com/compassph) to see the current schedule. Anyone interested can also call 473-1627 to reserve a spot at the next session.

Shop and win with **2004 Shop NEX bumper stickers**, available at any Navy Exchange location. Placing a bumper sticker on your car gives you a chance to win a \$25 gift certificate from the NEX; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree at the NEX.

With the **NEX price matching policy**, the NEX will match the price of any identical item sold in any local store. Simply provide proof of the lower price and the NEX will match it. If the price difference is under \$5, they will match it on the spot. Some restrictions apply to the policy. Please see a sales associate for more information.



**First Daughter:** Samantha wants what every college freshman desires: to experience life away from home and parents. But it's not going to be easy, her dad is the president of the United States. Sam meets and falls for James, the resident advisor in her dorm but she discovers her new beau is a secret service agent assigned to protect her.

**The Forgotten:** Telly is tormented by the memory of her eight-year-old son's death 14 months ago. She is informed by her psychiatrist that she is suffering from delusions, that her son never existed and she is fabricating his memories.

**Ladder 49:** Firefighter Jack Morrison has led an extraordinary career as a first responder. But the sacrifices he's made have taken their toll on Jack's relationship with his wife, kids and friends. Those decisions finally come back to haunt young Jack when he's trapped in a serious blaze.

**Mr. 3000:** Stan Ross retired after making what he thought was his 3,000th base hit. Complications arise when they discover that three of his hits had been disqualified. He returns to the game intending to stay only as long as it takes to get the hits.

**Raise Your Voice:** A small-town girl gets the summer of her dreams when she gets to leave home for the summer and attend a performing-arts school in Los Angeles.

**Resident Evil: Apocalypse:** Alice, the only surviving member of the elite military force that attempted to keep the zombies confined to the underground facility, finds herself trying to stop the zombies from spreading outside of Raccoon City.

**Shark Tale:** See Review

**Sky Captain and the World of Tomorrow:** Reporter Polly Perkins has noted the disappearances of many of the world's scientists. She teams up with her old flame to fly around the world in search of Dr. Totenkopf, whose plan is to create a "world of tomorrow."

JOSN Ryan C. McGinley

### Shark Tale

Overkill is the best word to describe "Shark Tale," from the same DreamWorks animation studio that brought us "Shrek." Is it really necessary to satirically parody "The Godfather" and "Jaws" in a children's cartoon? Is the target audience really going to understand? By summoning the voices of Will Smith, Robert De Niro, Renee Zellweger, Jack Black and Angelina Jolie, the studio must have thought they had a great movie on their hands. They were sorely mistaken. "Shark Tale" follows the main character Oscar (Will Smith), who works in the whale wash and dreams of becoming rich and famous. His dream comes true when he inadvertently takes credit for the slaying of a shark. He then teams up with Lenny (Jack Black), a vegetarian shark, who helps him to elevate his status with trickery and lies. Lenny is running away from his father (Robert De Niro playing the godfather) who is trying to turn Lenny into a mean flesh-eating shark. Martin Scorsese lends his voice as the boss of the whale wash and lackey for Robert De Niro's character, and Renee Zellweger plays Oscar's friend/love interest. But who cares? The movie is filled with bad humor associated with other movies. DreamWorks hoped that the older audience would like the parodies and the younger ones would marvel at the cuteness of the characters. They diminish the understandability of children and revoke a quality lesson that older and younger audiences can learn from. "Finding Nemo" did an outstanding job of telling a story that interested audiences both young and old, while alienating neither. "Shark Tale" distances younger audiences because they don't understand the associations with "The Godfather" and "Jaws." Both movies are rated "R" for petes sake. Older audiences might get the jokes, but they are simply not funny.

**OVERALL RATING:**

# What that pack of cigarettes almost cost one Sailor

**OS2 Wendy Kahn**  
*National Naval Medical  
Center Bethesda  
Public Affairs*

In the early part of the 20th century, Hollywood legends like Rudolph Valentino, Humphrey Bogart and Frank Sinatra defined America's culture with smoking. Smoking became the hall-mark associated with the "macho man" image that would attract many followers. However, smokers would discover years later that they couldn't stop smoking and, eventually, many would develop lung cancer.

One such smoker wanting to project a macho image who would later regret his decision is Cmdr. Rudolph Brewington, former public affairs officer at the National Naval Medical Center (NNMC). Now at LIFELines Services Network, Washington, D.C., Brewington was a smoker for nearly 38 years until he was diagnosed with lung cancer earlier this year. On Sept. 11, he underwent surgery where NNMC's doctors removed the top lobe of his right lung. Brewington began smoking as a teenager in the 1960s, a decade when it was considered "hip," "chic" and "right on" in society.

He enlisted in the Marine Corps at age 17 and then enlisted in the Army Reserve at age 32. He earned his commission in the Naval Reserve at age 33. "Smoking was the thing one was supposed to do in the 60s," he says. "Society enabled it and the Navy's adage, 'the smoking lamp is lit' on board ships meant that smoking was not considered dangerous to one's health. "Furthermore, while on deployment, we received free packs of cigarettes in our sea rations. The Navy believed they were rewarding their Sailors based on society's attitudes toward smoking - uninformed that smoking was becoming an addiction."

The consumption of cigarettes was a shared responsibility between the tobacco companies and the consumers, in Brewington's opinion. From his perspective, the enjoyment aspect from smoking had disappeared years ago. The problem, however, was that as a smoker, he was already addicted and couldn't stop the habit until he was diagnosed with lung cancer. By that time, the Navy's attitude toward smoking had changed when they realized its dangerous effects.

"I smoked a pack of cigarettes a day," said Brewington. "The Navy tried to help me with its smoking



U.S. Navy photo by JO5N Ryan C. McGinley

An estimated 47 million adults in the United States currently smoke cigarettes.

cessation programs, which have become more aggressive over the last 10 years, by offering nicotine patches and Zyban, which didn't work for me."

According to statistics, an estimated 47 million adults in the United States currently smoke, and approximately half will die prematurely from smoking. More than 80 percent of lung cancers are thought to result from smoking.

Brewington's purpose for publicizing his surgery is his concern for Sailors who are addicted to smoking.

"I want them to understand that lung cancer is real," he added. "These pictures are the reality from smoking. The surgery, even with pain medications, is a painful process. If we can get people to stop smoking, we can reduce the number of lung cancer cases."

"The first diagnosis of Brewington's lung cancer was suspected at NNMC's pulmonary clinic. The most general symptoms of lung cancer are a bloody sputum (spit), weight loss and feeling lethargic.

The clinic found a three-centimeter solitary pulmonary nodule which appeared to be malignant. Once the mass was revealed, Brewington was then referred to the cardiothoracic clinic. Cmdr. Donald Bennett, MC, a thoracic surgeon at NNMC who treated Brewington, explained the events that led to the surgery.

"After the preliminary screening is completed, a conference is set up with an oncologist, pulmonologist, clinical physician, thoracic surgeon, and a radiologist," said Bennett.

"Because of his smoking history, his age and the appearance of the mass, there was a 60 percent probability that he had lung cancer, he continued.

"The plan was to do a standard thoracotomy (surgical incision of the wall of the chest), which I refer to as a 'shark bite.' We made a semi-circular incision starting from the back of the chest around to the front and removed the upper lobe of his right lung to include the lesion. The surrounding

lymph nodes were also removed."

Bennett emphasized the importance for a patient to know what type of surgery he can tolerate before he makes a decision to have surgery. The stage of the cancer is based on the size of the tumor, where it's located, the nodes and any distant disease in the liver, other lung or the brain. In Brewington's case, he was diagnosed as stage 1A, or cancer at an early stage. As a result, no chemotherapy or radiation treatment is required and the survival rate is good.

Because smoking is a significant factor of lung cancer, the possibility of developing other cancers exists for those people with lung cancer, explained Bennett. Even though Brewington did not require chemotherapy or radiation treatment, he is still at a higher risk of having another cancer. However, the risk can be significantly reduced, if he stops smoking.

Bennett wants smokers to understand it takes 20 years to reduce the risk factor for lung cancer down to normal

population. In other words, if a person refrains from smoking for 10 years, he or she is still at risk for lung cancer. For Brewington, the surgery was a "wake up call" as he realized he nearly died because of smoking. Now that he is cancer free, he says he literally wakes up every day blessed because he was given a second chance at life. "When the surgery was over, I felt relieved that I was still here," says Brewington. "The cancer was out of my body and didn't spread to any other area. I quit 'cold turkey' after realizing that this object [cigarette] almost killed me."

Although the Navy smoking rate is declining, it is still at 36 percent and still exceeds the national average of 31 percent, according to the Navy Public Affairs Library. The Navy's policy is to reduce tobacco use and protect non-smokers from involuntary exposure to ETS (environmental tobacco smoke).

Brewington emphasized to Sailors who smoke that they have free access to medical care while in the Navy. Of course, if they develop cancer, the Navy will help. They can also take advantage of other options, like smoking cessation programs.

Brewington now admits he was wrong. People do not have to "light up" to be macho, as he once believed. He said, "Do not smoke. Smoking is a killer. It may take years, or it may not, but it will cause bronchitis, emphysema and, eventually, death. There is nothing cool about it. It's a walk to death. Nothing beats looking at these pictures of me."

"If one Sailor, or one Marine, would stop smoking as a result of what happened to me, and to many of our fellow shipmates, that would be wonderful for both themselves and the Navy."

**Sailors, drop your cigarettes on Nov. 18 for the Great American Smoke Out**

The Naval Medical Clinic Pearl Harbor's health promotion department will host booths intended to motivate military smokers to put out their cigarettes. Clinic personnel say this could be the first step toward a healthier, smoke-free life.

Stop by the health promotion's Great American Smoke-Out booths on Nov. 18:

- Naval Station Pearl Harbor: 11 a.m.-1 p.m., Diosdado Galley.
- Marine Corps Base Hawai'i at Kaneohe Bay, galley: 11 a.m.-1 p.m.

For more information or to get help with smoking cessation, call Naval Medical Clinic Pearl Harbor health promotions department at 471-WELL (471-9355).